

Hello athletes!

Please note the race location as it had to be changed from when it was first published last year.

Here are the details for this weekend's run:

PACKET PICK UP – Race Morning

Saturday, December 7

7:30 am – 8:20 am **White Bear Lake County Park (aka Ramsey Beach)**

5050 Lake Ave

White Bear Lake

Your packet will include your running bib, a shirt and finisher medal (if you opted to include a shirt with your registration).

There is no bag drop area, so plan on bringing your packet back to your car prior to racing. Free parking is located right by the race start.

RACE SCHEDULE

7:30am | Packet pick-up opens

8:20am | PACKET PICK UP closes

8:25 | Race announcements

8:30am | 5k starts

8:35am | Kids fun run starts

9:00am | Awards

RUN COURSE

A water stop will be located at the turn around on Highway 61. We will have small glasses of water for you. Please drop the glasses at the water stop so that my staff can discard them.

You are welcome to bring your own water and electrolyte source if you prefer.

If you are running with your dog, AWESOME!!! We love that. Please make sure to bring along a poop sack just in case. There are a couple of spots on the course where you can drop your filled poop sacks. Please do not leave them by one of the MMR signs for me to pick up...that is not appreciated, and I am no closer to a garbage than you are.

If you are running with a stroller – Great! We love that too. But please plan on being in the back of the pack at that start so that runners don't have to dodge you on the way out.

Finish Area

Awards will take place by the start finish line at Ramsey Beach.

Water in sealed water bottles will be provided at the finish line. Please wait for a volunteer or staff member to hand you the bottle. We will also have donuts from Blue Sky Bakery and hot cider.

Races will be posted at <https://www.frontrunnerusa.com>.

If anything looks a bit wonky, please reach out to Randy via email randy@frontrunnerusa.com so he can research the issue and make the appropriate adjustments

AGE GROUPS*

5k	Male	Female
19 and Under	2	3
20-29	4	5
30-39	4	5
40-49	5	8
50-59	4	5
60-69	9	7
70-79	5	1
80-89	2	

*Registration will remain open through race day so numbers are subject to change.

Because of the low registration numbers, we will have 10 year age groups to ensure competition within each age group.

Awards consist of an age group award ribbon which can be attached to the finisher medal you will receive in your packet. Awards are 3 deep, overall male and female are removed from the age groups awards. Must be present to receive your reward. If you are unable to stay and would like your award, you will need to cover shipping costs (\$7) or pick up the ribbon at the race offices.

Can't wait to see all of you on Saturday morning! Stay healthy and safe until then!